November SUPPER Menu



ENTREES

SIDES

Monday | 8



Cheese Pizza

- Celery Sticks w/Dip
- Diced Peaches
- Nonfat or 1% White Milk



= Vegetarian



= Vegan



= Locally Sourced

Tuesday | 9



Vegan Southwest Pinto Wrap

- Broccoli
 Florets w/Dip
- Chilled Pineapple Tidbits
- Nonfat or 1% White Milk

Student's choice of skim or 1% hormone-free milk provided at every meal

Wednesday | 10

Thursday | 11



Glorious Macaroni & Cheese w/ Garlic Knot Bread

NO SCHOOL

- Mixed Garden Vegetables
- Diced Pears
- Nonfat or 1% White Milk

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal11/23

International food day

11/9

Chickpea and Potato Curry

Friday | 12



Sunbutter & Jelly Sandwich

- Cucumber Coins w/Dip
- Mandarin Oranges
- Nonfat or 1% White
 Milk

Open Meal Sites

Ballou High School Columbia Heights Education Campus

This menu is subject to change based upon availability



November

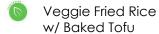
SUPPER Menu

| ENTREES | SIDES |
|---------|-------|
| | |
| | |
| | |

Monday | 15

- Greek Salad w/ Tortilla Chips
- Broccoli Florets w/ Dip
- Diced Peaches
- Nonfat or 1% White Milk

Tuesday | 16



- Seasoned Carrot Coins
- Diced Pears
- Nonfat or 1% White Milk



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

Wednesday | 17 🍙



Egg Salad Sandwich

- Celery Sticks w/ Dip
- Banana
- Nonfat or 1% White Milk

Thursday | 18



Baked Penne w/ Garlic Knot Bread

- Mixed
- Garden Vegetables Fresh Apple Slices
- Nonfat or 1% White
- Milk

Friday | 19



Hearty Garden Salad w/ Tortilla Chips

- Cucumber Coins w/Dip
- Chilled Pineapple **Tidbits**
- Nonfat or 1% White

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Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday Meal11/23

International food day

Chickpea and Potato Curry

Open Meal Sites

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November

Supper Menu

| | LINIRELS | 31063 | |
|----------------|----------------------------|---|---|
| Monday 22 | Cheese Pizza | Celery Sticks w/Dip Diced Peaches Nonfat or 1% White Milk | = Vegetarian = Vegan = Locally Sourced |
| Tuesday 23 | Vegan Southwest Pinto Wrap | Broccoli Florets w/Dip Chilled Pineapple | Student's choice of skim or 1% hormone-free milk provided at every meal |
| | | Tidbits • Nonfat or 1% White Milk | Food Celebrations |
| Wednesday 24 | 4 NO SCHOOL | | Welcome Back! Here are some exciting ways to stay engaged with your food this school year. Super Bites 11/10 Fall Harvest/Holiday |
| Thursday 25 | NO SCHOOL | _ | Meal11/23 International food day 11/9 Chickney and Potato |

SIDES

ENTREES

NO SCHOOL Friday | 26

This menu is subject to change based upon availability

Open Meal Sites

Chickpea and Potato

Ballou High School Columbia Heights **Education Campus**

Curry

November



Supper Menu

| | ENTREES | SIDES | |
|---------------|-------------------------------------|---|--|
| Monday 29 | Greek Salad w/ Tortilla Chips | Broccoli Florets w/ Dip Diced Peaches Nonfat or 1% White Milk | = Vegetarian = Vegan |
| Tuesday 30 | Veggie Fried Rice w/ Baked Tofu | Seasoned Carrot Coins Diced Pears Nonfat or 1% White Milk | Student's choice of sk 1% hormone-free mill provided at every me |
| DECEMBER | | | |
| Wednesday 1 | Egg Salad Sandwich | Celery Sticks w/ Dip Banana Nonfat or 1% White Milk | Food Celebra: Welcome Back! Here some exciting ways |
| DECEMBER | | | stay engaged with y food this school year |
| Thursday 2 | Baked Penne w/ Garlic Knot Bread | Mixed Garden Vegetables Fresh Apple Slices Nonfat or 1% White Milk | Super Bites 11/10 Fall Harvest/Holiday Meal11/23 International food do |
| DECEMBER | | | Chickpea and Potat |
| Friday 3 | Hearty Garden | Cucumber Coins w/Dip | COTTY |

This menu is subject to change based upon availability

Chips

Salad w/ Tortilla

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Open Meal Sites

Ballou High School Columbia Heights **Education Campus**

Chilled Pineapple

Nonfat or 1% White

Tidbits